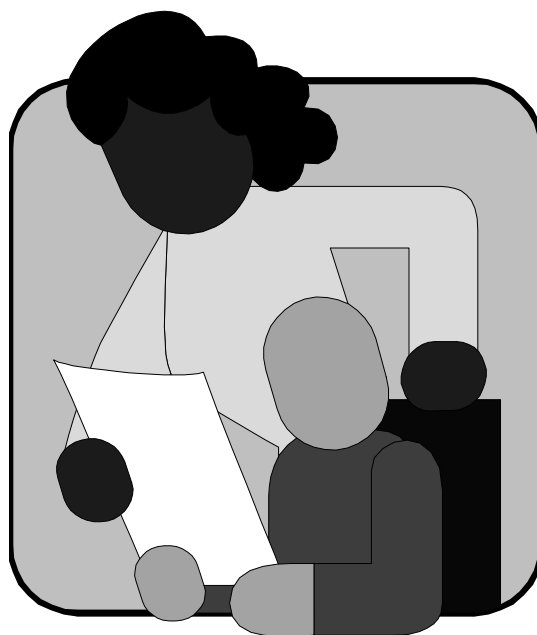


How To Be A Great Mentor, Get Involved



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How To Be A Great Mentor, Get Involved

Your community is better off when you take time to mentor a young person because mentored teens are 46% less likely to get into drugs, 59% get better grades, and 73% raise their goals. So they grow up to be good employees and taxpayers who strengthen our businesses and our community. There are many ways to mentor -- long-term or short, with a variety of organizations. Call today because what works for all of us also works for you.

What is a Mentor Anyway?

A mentor is an adult who, along with parents, provides young people with support, counsel, friendship, reinforcement and constructive example. Mentors are good listeners, people who care, people who want to help young people bring out strengths that are already there.

As a mentor, you can help connect children with the other four America's Promise Fundamental Resources: safe places and structured activities during nonschool hours, a healthy start, a marketable skill through effective education and an opportunity to give back through community service

Getting Started

Think about how you want to work with a young person. Consider:

- The types of activities that interest you -- helping youth develop a specific skill, pursue an interest, learn about a subject, or just getting to know them and being their friend.
- The age and number of youth you want to work with -- elementary, middle school, or high school age children; one youth or several (for example, mentoring one child one-on-one versus coaching a group of young people).
- The amount of time you have for a youth -- once a week, once or twice a month?



It is important to be realistic about the responsibilities involved with mentoring a young person. If you are not sure about mentoring a young person for at least six months, consider trying a shorter-term volunteer opportunity. Keep in mind, however, what one mentor told us ...

"You don't know in advance how rewarding it is going to be, so you are worried about the responsibility of giving your time consistently. The irony is that once I starting doing it, I didn't want to miss a session."

Think about organizations in your community that might have mentoring opportunities that match your interests. Use your personal contacts:

- Ask family and friends who volunteer.
- Ask someone who handles community affairs or charitable contributions at your office.
- Ask your minister, rabbi, priest, or someone who handles community outreach where you worship.
- Ask organizers and other members of service clubs, civic groups, fraternities, sororities, or professional associations you belong to.

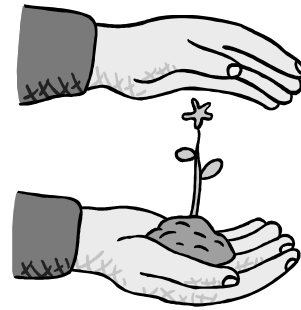
A Year's Worth of Mentoring Activities



52 Ideas, One for Each Week of the Year

1. Set your mentoring goals together.
2. Tackle some homework.
3. Make dinner together.
4. Go out for dinner together.
5. Make popcorn and talk.
6. Go to a movie.
7. Go to a concert.
8. Shoot some hoops.
9. Go to the library together.
10. Just hang out.
11. Figure out how to program your VCR.
12. Learn about pop music.
13. Talk about life.
14. Give a tour of your current job.
15. Talk about your very first job.
16. Talk about planning a career.
17. Plan a career.
18. Get together with friends from work.
19. Take tours of friends' jobs.
20. Visit a local technical school.
21. Visit a community college.
22. Talk about college.
23. Have your friends talk about college.
24. Sit in on some evening classes.
25. Work on applications together.
26. Explore financial aid options.
27. Work on a resume.
28. Talk about dressing for success.
29. Do a pretend job interview.
30. Talk about how to look for a job.
31. Talk about where to find a job.
32. Find a summer job.
33. Set up a work internship.
34. Talk about networking.
35. Talk about what it takes to get ahead.
36. Talk about health insurance.
37. Talk about taxes.
38. Talk about balancing work and life.

- | | |
|---|------------------------------------|
| 39. Talk about balancing a checkbook. | 40. Talk about balancing a budget. |
| 41. Talk about living within one's means. | 42. Talk about credit cards. |
| 43. Go bargain hunting. | 44. Plan a week's worth of meals. |
| 45. Do a week's grocery shopping together. | 46. Go holiday shopping. |
| 47. Write "thank you" notes. | 48. Go to a house of worship. |
| 49. Celebrate a friend's religious holiday. | 50. Talk about relationships. |
| 51. Talk about personal values. | 52. Talk about the future. |



What You Have To Offer

Things that may seem easy or straightforward to you are often mysterious to young people. That's why it can be easier than you think to make a difference in a young person's life. Here is what some students at McKinley Tech High School in Washington, D.C. had to say about their mentors:

"You don't need sacks of money to be a mentor. You just need time."

"I wasn't really motivated at all about college until my mentor took me to a college fair. My mentor graduated from college, which gave me the idea that I could, too."

"Financial aid forms -- forget it! My mentor helped me with them. Otherwise, I might not have bothered."

"Mentors have hook-ups in high places. They've got connections."

"We went to a baseball game -- it was all right!"

"My mentor helped me out with homework."

"Mine helped me with my resume."

"Say you save up your money and go buy a car. Who's going to help you fill out all the forms? If you're lucky, a mentor will."

Common Worries



What if ...

... my help isn't wanted?

It's not easy to trust a stranger, especially if you're a young person who's had a lot of bad experiences with adults in the past. It may take a whole lot to build up trust. Don't interpret caution as a rejection. A young person may not show it -- in fact, he or she may not even know it fully -- but your help is definitely wanted.

... something really serious comes up?

While most mentoring relationships develop and flourish without serious problems, things do happen. Mentors have an important role, but that role does not include medical or psychological treatment, or family counseling. There are support systems in place for real emergencies. The most a mentor is expected to do -- and should do -- is to help guide a young person to the appropriate source of professional help.

... I'm too different to relate well?

Many first-time volunteers worry that differences in age, race, religion, education, or gender will be insurmountable barriers. Actually, most experienced mentors report that mentoring a young person from a different background broadened their own horizons and deepened their understanding of other people and cultures.

... for some reason I can't mentor anymore?

This is a very serious concern. Mentoring is a deep commitment. It will do far more harm than good to enter a young person's life, build up trust, and then abandon the relationship. Be as honest as possible with yourself when committing to be a mentor -- for everyone's sake. If you aren't sure about in-depth mentoring, try one of the many shorter-term alternatives, such as tutoring, or one-time projects. Ask about these at your local volunteer center.

... I do something wrong?

If you are there for your young friend no matter what; if you listen and really hear what's being said; and if you do your best to counsel and not to judge, you will have done everything right. Some young people are readier than others for a mentor. Some may test a mentor's commitment. Try not to take such behavior personally. Just keep trying

your best and keep doing the right things. Gauge your success by your actions, not your mentee's.

... the person I mentor is a disappointment?

A better question is, "What encouragement can I give if my mentee disappoints himself or herself?" Mentors are in the business of helping young people achieve their fullest potential. You can be sure that mistakes will be made. You won't be able to help a young person learn from a mistake if you can't handle it yourself.

A Mentor's Role

What a mentor is:	What a mentor isn't:
♦ A guide	♦ A savior
♦ A friend	♦ A foster parent
♦ A listener	♦ A therapist
♦ A coach	♦ A cool peer

Where Do I Sign Up?

Where to Look:

1. Local Mentoring Partnerships:

If you live in any of the following communities, contact a local mentoring partnership for a listing of local mentoring opportunities.

Arizona

Connect Tucson: The Mentoring Partnership

520-881-3300 ext. 107

520-881-3366 fax

Email: mschneider@volunteerucson.org

California

Communities in Schools:

The LA Mentoring Partnership

213-627-0311

213-489-3744 fax

Email: cistlore@aol.com



California Mentor Initiative
916-323-9824
916-323-0633 fax
Email: jkooler@adp.state.ca.us

The San Francisco Mentoring Coalition
415-982-0615 x.2
415-982-0890 fax
Email: arfarrah@yahoo.com
Web: www.vcsf.org

Connecticut

The Connecticut Mentoring Partnership
860-231-8831, x 25
860-236-9412 fax
Email: connect1@connix.com
Web: www.ctdhe.commnet.edu/dheweb/mentoring.htm
Project Manager
860-523-8042 x18
Email: aliglaser@att.net

Delaware

Delaware Mentoring Council
302-831-0520
302-831-0523 fax
Email: tclower@udel.edu

Florida

Governor's Mentoring Initiative
850-413-0908
850-478-1866 fax
Email: mcfaddl@eog.state.fl.us
Web: www.state.fl.us

The Mentor Connection
813-274-0932
813-228-9549 fax

Illinois

The Tutor Mentor Connection

312-573-8851

312-573-8816 fax

Email: cabrinic@aol.com

Web: www.tutormentorconnection.org

Kansas/Missouri

YouthFriends

816-842-7082

816-842-7907 fax

Email: adkins@youthfriends.org

Web: www.youthfriends.org

Maryland

The Baltimore Mentoring Partnership

410-685-8316

410-752-5016 fax

Email: lstewart@novanetwork.net

Web: www.bmentoringp.org

Massachusetts

The Mass Mentoring Partnership

617-695-2430

617-695-2435 fax

Email: bos1to1@tiac.net

Michigan

Big Brothers Big Sisters of Metropolitan Detroit

248-569-0600

248-569-7322 fax

Email: matthewsm@bbbs-detroit.com

Web: www.bbbs-detroit.com

Minnesota

Twin Cities One to One|The Mentoring Partnership

612-370-9162

612-370-9195 fax

Email: joelleng@mentoringworks.org

Email: Karid@mentoringworks.org
Web: www.mentoringworks.org

Mississippi

The MetroJackson Mentoring Partnership
601-948-0899
601-352-5539 fax
Email: manderson@metrochamber.com

Nebraska

All Our Kids, Inc., The Midlands Mentoring Partnership
402-444-1630
402-345-8966 fax
Web: allourkids.org

New Jersey

10,000 Mentors (Newark)
973-242-1142
Email:tmckoy@10000mentors.org
Web: 10000mentors.org

New York

The Mentoring Partnership of New York
212-953-0989
212-953-1057 fax
Email:annensing@aol.com

The Long Island Mentoring Partnership
631-761-7800
631-761-7803 fax
Email:LIMentoring@osaccess.com
Web: mentorkids.com

North Carolina

North Carolina Promise, Office of the Governor
919-715-5263
919-715-8677 fax
Email:lharrill@gov.state.nc.us

Ohio

Mentoring Center of Ohio

614-839-2447

614-839-5437 fax

Email: jhamilton@bbbscolumbus.org

bbbscolumbus.org

Pennsylvania

One to One|The Greater Philadelphia Mentoring Partnership

215-665-2467

215-665-2531 fax

Email: marys@uwsepa.org

uwsepa.org/

One to One|The Mentoring Partnership of Southwestern Pennsylvania

412-281-2535

412-281-6683 fax

Email: cfedor@city-net.com

Web: mentoringpittsburgh.org

Texas

San Antonio: Making Mentoring a Partnership

210-229-2189

210-349-4957 fax

Email: dpisano@sachamber.org

Web: sachamber.org

Assistant Vice President of Education

202-729-4376

202-729-4341 fax

Email: anewkirk@sachamber.org

Texas Commission on Volunteerism & Community Service

512-475-4294

512-463-1861 fax

Email: lesleyairth@twc.state.tx.us

Utah

Utah Mentor Network

801-468-2191

801-468-3671 fax

Email: bdrake@hs.co.slc.ut.us

Virginia

Virginia One to One|The Mentoring Partnership

804-828-1536

804-828-1418 fax

Email: jssmith@saturn.vcu.edu

Web: www.vcu.edu/ocp/ocpdocs/mentor.html

The Fairfax Mentoring Partnership

703-246-3895

703-246-4662 fax

Email: Hindert@aol.com

The National Mentoring Partnership

National Office

312-427-1237

312-427-5857 fax

Email: rpringle@mentoring.org

Project Manager

202-729-4376

202-729-4341 fax

Email: mpolitte@mentoring.org

2. Volunteer Centers:

Contact your local Volunteer Center to locate which organizations provide mentoring opportunities in your area.

Youth service organizations:

- Boy Scouts, Girl Scouts
- Campfire Boys and Girls Club
- Communities In Schools
- Foster Grandparents

Other organizations that serve children:

- School systems
- Community recreation centers
- Juvenile justice offices
- Community shelters

- Junior Achievement
- YMCA/YWCA
- 4-H
- Communities of faith

3. Local mentoring organizations, such as:

- Big Brothers/Big Sisters
- Boys/Girls Clubs
- Junior Achievement

4. Clubs and community organizations, such as:

- The Volunteer Center
- YMCA/YWCA
- Rotary Club
- Kiwanis
- Lions Club

5. Schools

6. Places of worship

Contact at least three organizations. Investigate your options and choose the program that meets your needs.

- Ask to speak with the organization's volunteer coordinator.
- Tell the coordinator you are thinking about mentoring a young person -- or a group of young people -- and would like to know if their organization offers mentoring opportunities for adults.
- Describe the amount of time you have, the types of activities you are interested in, the number of children you would like to work with.
- Ask the coordinator about training and support for volunteers and about the application and screening process. The application process will probably include a written application, personal and professional references, a background check, and a personal interview.

What to Ask:

- What kind of training and support do you offer?
- How do you match young people with mentors?
- What happens if I need to stop mentoring?



- What are the different mentoring options?
(one-to-one mentoring, team mentoring, short-term mentoring, one-time projects, etc.)

Be persistent. It may take awhile to be matched with a child. Application, screening, and training can take from one to six months to complete. Mentoring programs are concerned with the well-being and safety of children and volunteers, and their selection and screening procedures reflect that concern.

Please don't get discouraged if the program does not match your needs. If that happens, asked to be referred to another organization. Becoming a mentor is well worth the effort, so keep trying!

Good luck and thank you!